



Carlisle Connection

October 2012



Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

From the Director

Greetings! There's a lot going on in Carlisle in October besides just Halloween. In addition to the FFT (Fun, Food, & Travel) activities in and around town please take a moment to review pages 4 and 5 for information regarding our special Health offerings this month. Highlights include a Flu Clinic at Town Hall on Monday, October 22nd from 10 AM to 12 PM and three very well timed presentations. The Flu Clinic is FREE for those on Medicare and the presentations include: *Carlisle Community Conversations on Lyme Disease* and the *Brown Bag Rx Check*, to be held at the Gleason Public Library respectively on the 2nd and 16th of the month at 11 AM, as well as an important *Medicare Update SHINE* program at Village Court on October 30th on 10 AM.

Speaking of the Library, please give a warm welcome to Katie Huffman, the Gleason's new Library Director who starts on October 1st. Katie ends my short-lived tenure as the newest person in town. Commendations are in order for Martha Patten and Mardy Seneta who filled in very ably as the Library's interim Co-Directors. Lastly, please make note of the COA's new office hours listed on the left side below. We're now closing a little bit earlier on Fridays, but we'll be open later on Mondays to serve you. —**David Klein, COA Director**

COA Monthly Luncheon - Thursday, October 18 at 11:45am

Join us at the FRS for pizza, salad, dessert, hot and cold drinks. **Suggested donation: \$3.** To register, call the COA office at (978) 371-2895 by noon on Monday, October 15. If Since no shuttle is planned for this event, please call (978) 371-6990 if you need a ride.



Following the Luncheon on the 18th: Clarence Darrow Comes to Carlisle

At 12:45pm, Richard Clark presents Clarence Darrow by David Rintels. This play features intense courtroom drama and comic relief as it highlights the life of Clarence Darrow, defender of the downtrodden and the damned, from his youthful innocence in small-town Ohio to the embattled national stage of the Scopes Monkey Trial and the Leopold and Loeb courtrooms. *This program is supported in part by a grant from the Carlisle Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

IMPORTANT: MEDICARE OPEN ENROLLMENT DATES!

Medicare open enrollment starts on October 15 and ends on December 7. The SHINE program at Minuteman Senior Services will present all the Medicare changes for this year and answer questions at the ***Sleeper Room at Village Court on Tuesday, October 30 at 10 am. Please RSVP to the Carlisle COA by calling 978-371-2895 by Tuesday, October 23rd by noon.*** SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services helps seniors and people with disabilities live in the setting of their choice. For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org.

CARLISLE COA OFFICE HOURS

**Monday 9am - 5pm
Tues. - Th. 9am - 3pm
Friday 9am - 1pm**

**(978) 371-2895 Office
(978) 371-6690 Van line**

COA Staff

David Klein Director
coadirector@carlisle.mec.edu (978) 371-6693
Angela Smith Outreach Coordinator
asmith@carlisle.mec.edu (978) 371-2895
Debbie Farrell Transportation Coord.
coaride@carlisle.mec.edu (978) 371-6690
Bonnie Courtemanche Admin. Assist.
bcourtemanche@carlisle.mec.edu
Peter Cullinane LICSW

COA Board Officers

Liz Bishop Board Chairman
Abha Singhal Vice-Chair
Verna Gilbert Treasurer
Elizabeth Secretary
Acquaviva

Board Members

Mary Daigle Joanne Willens
Tom Dunkers Jean Sain
Peggy Hilton Liz Thibeault
Lillian DeBenedictis

Associate Members

Jim Elgin Sandy McIlhenny
Phyllis Goff Natalie Ives

OCTOBER 2012

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Yoga - 9:30am	2 Zumba - 10:45am - St. Irene CCC - 11am Ballroom - 2pm	3 Chelmsford Crossing Lunch - 12:00pm - FRS Intergenerational Tap - FRS - 2:45 - 3:45 pm	4 Coffee - 9am, BP Fitness - 9:45am Cardio - 10:45am	5 Van errands/ Local grocery shopping - 9am SAMA - 10:45am BSO - 1:30pm	6
7	8 HOLIDAY - Town Hall Closed for Columbus Day	9 Zumba - 10:45am - St. Irene Minuteman Tech Lunch - 12:45pm Ballroom - 2pm	10 Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm	11 Men's Brk - 8am BP - 8am at Brkfst Fitness - 9:45am Cardio - 10:45am	12 Van errands / local grocery shopping - 9am SAMA - 10:45am	13
14	15 Merrimack Outlets 9:20am - Village Court 9:30am-Cong Ch Yoga - 9:30am Book Group - 10:15am	16 Zumba - 10:45am - St. Irene CCC - 11am Ballroom - 2pm	17 Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm	18 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am BP 11- 11:45am KISS - 7:30pm	19 Van errands / local grocery shopping - 9am SAMA - 10:45am	20
21	22 Yoga - 9:30a Sr. Moments - 9:30am, BP10am Flu Clinic - 10am - 12pm Clark Rm, Town Hall	23 Zumba - 10:45am - St. Irene Lunch on the Farm - 11:30am Ballroom - 2pm	24 Fuller Craft Museum - 9am Intergenerational Tap - 2:45pm Art Matters - 1:30 - 3pm	25 Fitness - 9:45am Cardio - 10:45am	26 Van Errands / local grocery shopping - 9am SAMA - 10:45am	27
28	29 Yoga - 9:30am	30 Medicare Update SHINE - 10am Zumba - 10:45am - St. Irene Ballroom - 2pm	31 Nashoba Tech Breakfast - 9am Intergenerational Tap - 2:45pm Art Matters 1:30 - 3pm			

TRANSPORTATION / TRIPS

The COA transportation services are available to all senior and adult disabled Carlisle residents. Transportation is available for all COA events.

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

Weather Info/Cancellations: (978) 371-2895

Our **DONATIONS/FEES*** are as follows:

In-town rides or Friday grocery trips - no fee

Rides within 15 miles - \$2.

Van Trips over 15 miles away - \$5. *Parking fees are the responsibility of the rider.



Medical appointments: Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency care.

Local grocery /Shopping trips: We go to local grocery stores on Friday mornings at 9am. Please call the van line in advance to make reservations.

Day Trips

Merrimack Premium Outlets® - Monday, October 15 - Join us for a Return Trip!

Call Joanne at (978) 371-8023 to register; deadline is October 8. \$5 van fee, payable on the day of the trip. No Tax! Visit the brand new Merrimack Premium Outlets®. Lunch on your own at restaurants in the Food Court. Stores include Bloomingdale's and Saks 5th Avenue and Off 5th, among many others. Leave Village Court by 9:20am and Congregational Church by 9:30am. Return by 4:00pm.

Fuller Craft Museum - Wednesday, October 24

Fuller Craft's serene 22-acre campus provides a rare combination for people looking to experience art, culture, and the natural environment all in one idyllic setting. The Museum is surrounded by over 700 acres of scenic woodland and the brilliant landscape of Frederick Law Olmstead's D.W. Field Park in Brockton, MA. Its 21,000 square foot building, sculpture garden, courtyards, and nature trails provide a serene getaway.



With high ceilings, wide corridors, slate floors, natural wood beams, and floor-to-ceiling-windows, there is an abundance of natural light and atmosphere. View exhibitions such as the Grand Expressions of the Loom, featuring the woven expressions of four artists: Cyndy Barbone, Deborah Frazee Carlson, Fuyuko Matsubara, and Bhakti Ziek. Leave Village Court at 8:50am and Congregational Church by 9:00am. Lunch at a nearby restaurant. Return home by 4:00pm.

Guided tours are \$10. Call Joanne at (978) 371-8023 to register; deadline is October 17. Make check out to Carlisle Council on Aging. Mail to Joanne Willens, 145 Church St., B-12, Carlisle, MA, 01741. Include your phone number on the check. \$5 van fee, payable the day of the trip.

Carlisle Community Book Club

The next Carlisle Community Book Club read is Dawn Light by Diane Ackerman, October 15 at 10:15am in the Hollis Room of the Gleason Public Library. The CC book club is co-sponsored by the Library and the Carlisle COA and is open to anyone 18 and older. Contact Mary Zoll at (978) 369-5236 for more information. ***All are welcome whether or not they have read the current book selection or have book suggestions!***





FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Wednesday, October 3 at 11:30 am** at FRS at Chelmsford Crossing lunch, sponsored by *Chelmsford Crossing*. **Thursday, October 4 at 9am** at the Monthly Coffee, sponsored by *Life Care Center of Nashoba Valley*. **Thursday, October 18, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, sponsored by *FCOA & Emerson Hospital Home Care*. **Monday, October 29, 9:30am** at Ferns, sponsored by *Right at Home*. Tuesday, November 6 at the Podiatry Clinic from 8:30am to 12:30pm thanks to COA volunteers.

Podiatry Clinic - Tuesday, November 6 in the Sleeper Room at Village Court. Limited space; call the COA at (978) 371-2895 to register. **Cost:** \$20 (partially funded by the Friends of the Carlisle COA). Checks made out to Carlisle COA or cash; payable day of clinic. **Note:** For Carlisle Seniors only.

Flu Clinic - Monday October 22 from 10am-12pm in the Clark Room at Town Hall

Sponsored by the Carlisle Board of Health and supported by the Carlisle Council on Aging, this clinic will provide this year's influenza vaccine to Seniors 65 and older. Nurses are provided by Emerson Home Care. No appointment is needed. **BRING YOUR MEDICARE CARD!** If you need a ride, please call the COA van line at (978)371-6690. Homebound seniors, call (978)371-2895 to arrange a home visit.

EXERCISE CLASSES

NOTE: To sign up for the next session of the following programs, please call the COA office at (978) 371-2895.

Minimum attendance is required for programs to continue. Stop in and try a class/day for free (except yoga)! New members are welcome. Make check payable to Carlisle COA unless otherwise noted.

BALLROOM DANCING - Tuesdays (St. Irene Church) - at 2pm

The next session is October 2, 9, 16, 23, 30 and November 6, 13, 20 and 27. Wear leather-soled shoes.

FREE due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register at (978) 371-2895.

CARDIO-BOOST CLASS - Thursdays (Congregational Church) at 10:45am

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Current session ends November 29.)

FITNESS CLASS - Thursdays (Clark Room at Town Hall) at 9:45am - Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Current session ends November 29.)

INTERGENERATIONAL TAP - Wednesdays (FRS Union Hall) at 2:45 - 3:45pm

For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40 (Current sessions ends November 21.)

OUTSIDE WALKING - Watch for starting date in the Carlisle Mosquito.

Walk the trails with Jane Anderson, Thursdays at 9:30am at Center Park. No sign up; just show up to walk, weather permitting. Contact Jane at jane.anders@comcast.net or call 978-369-9672.

SAMA EXERCISE CLASS - Fridays (Clark Room at Town Hall) at 10:45am

SAMA (Senior Approach to Martial Arts) is an exercise class based on the martial arts moves, to help keep joints and minds flexible while increasing balance. Seniors, and those who will be seniors are welcome. \$100 for 10 wks.; current session ends Nov.16. Visit www.osbkarate.com and go to SAMA for more info.

YOGA - Mondays (St. Irene) from 9:30 - 10:30am

Session I ends October 29 (no class on October 8). Session II: November 5 - December 17. **Fee:** \$105 for 7 wks. (\$35 for Carlisle seniors). Call (978) 369-9815. **Make checks payable to Carlisle Recreation Dept.**

ZUMBA® - Tuesdays (St. Irene) 10:45 - 11:30am

Taught by Zumba Certified Instructor Katrina Rotondi. **Fee:** \$40 (Current session continues until Nov. 27.)

Carlisle Community Conversations

Tuesdays at 11am at the Hollis Room of the Gleason Public Library

October 2, 2012 – Lyme Disease and other TickBorne Illnesses

Dawn Olsen, R.N. of Emerson Hospital Home Care will talk about the different types of Tickborne Illnesses, typical symptoms, and when to seek medical attention. Prompt removal of ticks before they attach is the most effective way of avoiding these illnesses. As a preventive measure, the single most important thing you can do is to check for ticks on a daily basis. Ms. Olsen will demonstrate how to do an effective tick check and describe what to look for. Tickborne illnesses continue to be a significant health threat in our community. This event is being funded through a CHNA 15 grant and is part of a series of Board of Health sponsored activities and events dealing with this topic.

October 16, 2012 – Brown Bag Rx Check

Pharmacists from Acton Pharmacy will be available to review and discuss the medications you take, with the intention of finding possible undesirable combinations, or confirming your choices for safety and effectiveness. Please bring all of your prescription drugs, over-the-counter products, and supplements, such as vitamins, in a bag, to your appointment. We will begin scheduling appointments immediately, but we ask you to please call 978-371-2895 no later than noon on Tuesday, October 9.

November 6, 2012 - Federally-Approved Mortgage Foreclosure Counseling and Information on Mortgage Modifications

Speaker: *Deborah Mullins, Director of the Home Preservation Center (HPC), Lowell.* **Moderator:** *Elizabeth DeMille Barnett, Carlisle Housing Coordinator.*

This program is for anyone interested in learning about no-cost federally-approved mortgage foreclosure counseling, the mortgage modification process and other options. The Lowell-based Home Preservation Center (HPC) serves over 51 Massachusetts communities, including Carlisle.

According to the HPC: *Foreclosure can happen to anyone, regardless of socio-economic status, demographics or type of mortgage. Millions of people across the United States have trouble with their mortgages every year. The HPC is a federally funded counseling center, provides **free** counseling and other services to homeowners facing foreclosure. The center's primary goal is to keep people in their homes – preserving not only the individuals and families affected, but also strengthening the local and regional economy. If you or someone you know is worried about a mortgage, acting quickly is the best strategy to prevent the loss of the home.*

October Chuckle



FOOD COURT

Chelmsford Crossing Lunch - Wednesday, October 3 at 12:00pm

Come to the FRS for a meal cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Roasted leg of lamb, delicious apple mint sauce, white rice with red sauce, steamed green beans, salad and dessert. Register at (978) 371-2895 by noon on Thursday, September 27th. **Suggested donation:** \$3.



Monthly Coffee - Thursday, October 4 at 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Hosted by Board Chairman Liz Bishop will be hosting along with Nancy DiRomualdo.

Minuteman Regional Technical High School Lunch - Tuesday, October 9 at 11:45am

Call the COA by Thursday, October 4th at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Minuteman:

- Chicken Cordon Bleu - Boneless chicken breast stuffed with ham and cheese topped with Poulet sauce
- Baked Haddock New England: Haddock baked with lemon juice and a seasoned bread crumb topping
- Chef's choice vegetarian meal based on seasonal vegetables, along with starch

Cost: \$10 plus tip, payable at school. Soda choice is \$1.00/soda, extra charge.

Men's Breakfast - Thursday, October 11 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by a volunteer chef and helpers. **Suggested donation:** \$3.



Lunch at the Farm - Tuesday, October 23 at 11:30am

Lunch at the Northeast Correctional Center in West Concord! For \$3.21 (correct change if possible) you will receive soup, your choice of a garden or Caesar salad along with your choice of the entrée or sandwiches of the day. Dessert and beverage included. Please call the COA at (978) 371-2895 to register no later than Monday October 15 at noon and let us know if you need a ride! Note: No cell phones or electronic devices allowed in the building.

Quarterly Breakfast at Nashoba Valley Technical High School - Wed. Oct. 31 at 9am

Cost: \$5.50, plus tip, payable at door. To register, please call the COA at (978) 371-2895 by Thursday, October 25 at noon. Call the van line at (978) 371-6690 at least two days in advance if transportation is needed.

"SENIOR MOMENTS" at Ferns - October 22, from 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives a 10% discount to attendees for coffee. First come, first served! Stop in and say hi to Emily Tamilio.

****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you.

Please call the COA at (978) 371-2895 to register as noted.

**Town of Carlisle
66 Westford Street
Carlisle, MA 01741**

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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.

ArtMatters presentations: Music and Dance, Matisse, and Renoir

This fall, Jane Blair of ArtMatters returns to Carlisle for an informative and inspiring series on art, music, and dance, Renoir, and Matisse. Talks will be Wednesday afternoons at 1:30 p.m., October 24, 31, and November 7, at St. Irene Church, 181 East Street in Carlisle. Week 1 will be a presentation on music and dance and the way they connect to images; week 2 is Henri Matisse's world of color, enjoyment, and peace; and week 3 celebrates Auguste Renoir's life and work. ArtMatters incorporates multimedia into engaging presentations. This series is free and open to the public, but seating is limited; please call the Library at (978) 369-4898 to register for the full series or individual classes. Sponsored by the Friends of the Council on Aging Lee Milliken Fund and the Friends of the Gleason Public Library. Visit www.gleasonlibrary.org for more information on all library programs.

Ask a Lawyer

Individual sessions with Attorney Eric Prichard from the law firm of Brown & Brown, PC in Bedford are available once again. If you are interested in a free half-hour session where you can ask questions on estate planning, elder law and Medicaid planning questions, please call the COA at 978-371-2895 and we'll schedule a date/time once we have at least two people on the wait list.

Knitting in Service Society (KISS) Items Due November 1

Knitting in Service Society (KISS) is a group of ladies who have been knitting since 2006 to benefit those in need. New members are welcome, or feel free to knit at home. **Hats and scarves** from easy to advanced, **in any pattern, are knitted to be** donated through Common Cathedral and given as Christmas presents. Knitted items to be donated will be brought into Boston by FRS members, and are due by November 1. Contact Angela at 978-371-2895 with questions. Email frs@carlisle.org to be reminded of monthly meetings, Thursday nights **7:30 to 9:30** (October 18, November 15, January 17, February 21, March 21, April 18, May 16, June 20); call for the location.